

75 workout routines

All **MACBARZ** routines



MACBARZ

DO 5 CYCLES

Beginner

**MACBARZ**

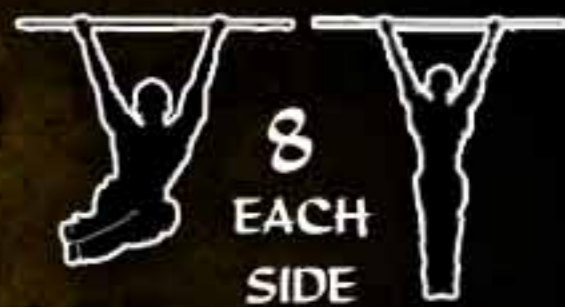
 **BEGINNER**



**LEG
RAISES**
GO DOWN
CONTROLLED
AND SLOW



**LEG
RAISES**



**HANGING
OBLIQUE
RAISES**



**KNEE
RAISES**




**HALF
BURPEES**

START

FINISH




ABS
in park
MADBARZ



BEGINNER

4

**NEGATIVE
CHIN UPS**



7



**INCLINE
CHIN UPS**



3

**WIDE
PULL UPS**



4

**SHOULDER
WIDTH
CHIN UPS**



PULL UPS

3



START



FINISH

 **BEGINNER**



START

FINISH

CHEST ROUTINE

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



BEGINNER

DECLINE
PUSH UPS



8

REGULAR
PUSH UPS

10



DIPS



5

CLOSE HANDS
PUSH UPS



10

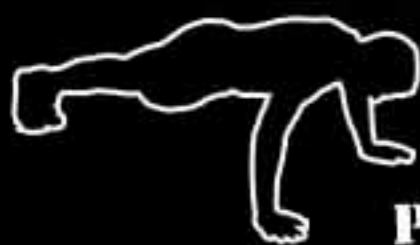
INCLINE
PUSH UPS



15

10

WIDE
PUSH UPS



20 sec

PUSH UP
HOLD



START

FINISH



BEGINNER



45 SEC
JUMPING JACKS

5

DIPS



100 M
RUN



START

PUSH UPS

8



30 SEC

ALTERNATING HIGH KNEES



MOUNTAIN CLIMBERS

30 SEC



15 SEC PLANK



FINISH





BEGINNER

RUN
100
meter



20 sec
PUSH UP HOLD



RUN
100
meter



10
MILITARY
PUSH UPS



JUMPING
JACKS

30
SEC



RUN
100
METER



10
MILITARY
PUSH UPS



START

FINISH



FULL BODY - GIRLS

by MADBARZ.COM

DO 3 CYCLES

5 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



BEGINNER



CALF RAISES
EACH LEG

15

SIT-UPS!

15



1 MIN
JUMPING
JACKS



START

AUSTRALIAN
PULL UPS

7



SQUATS

8



8
BENCH
DIPS



2

CHIN
UPS



FINISH



BEGINNER



**25
SEC**

PLANK



**SIDE
PLANK**



**20
SEC**



7

HALF BURPEES



15

CRUNCHES



20SEC

**MOUNTAIN
CLIMBERS**

**KNEE
RAISES**

8



START



FINISH



LEG ROUTINE

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



BEGINNER

12
CALF
RAISES

EACH
LEG



10



EACH
LEG

LATELAR LUNGES WALK

10

SQUATS



START



10
LUNGES

EACH
LEG



SQUAT
JUMPS

10



20
SEC

DUCK
WALK



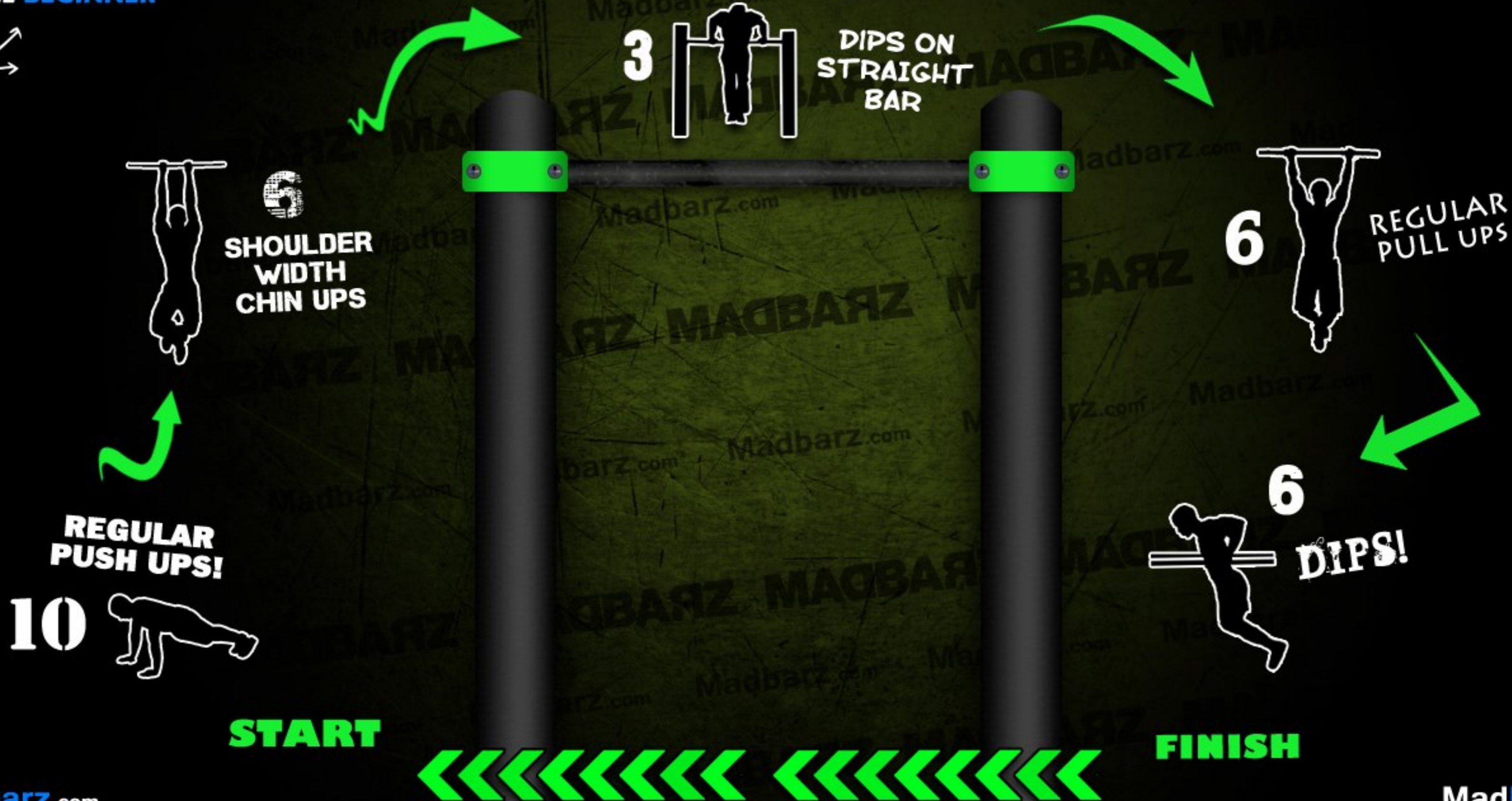
IT'S
LEG
DAY

MADBARZ



FINISH

LEVEL **BEGINNER**



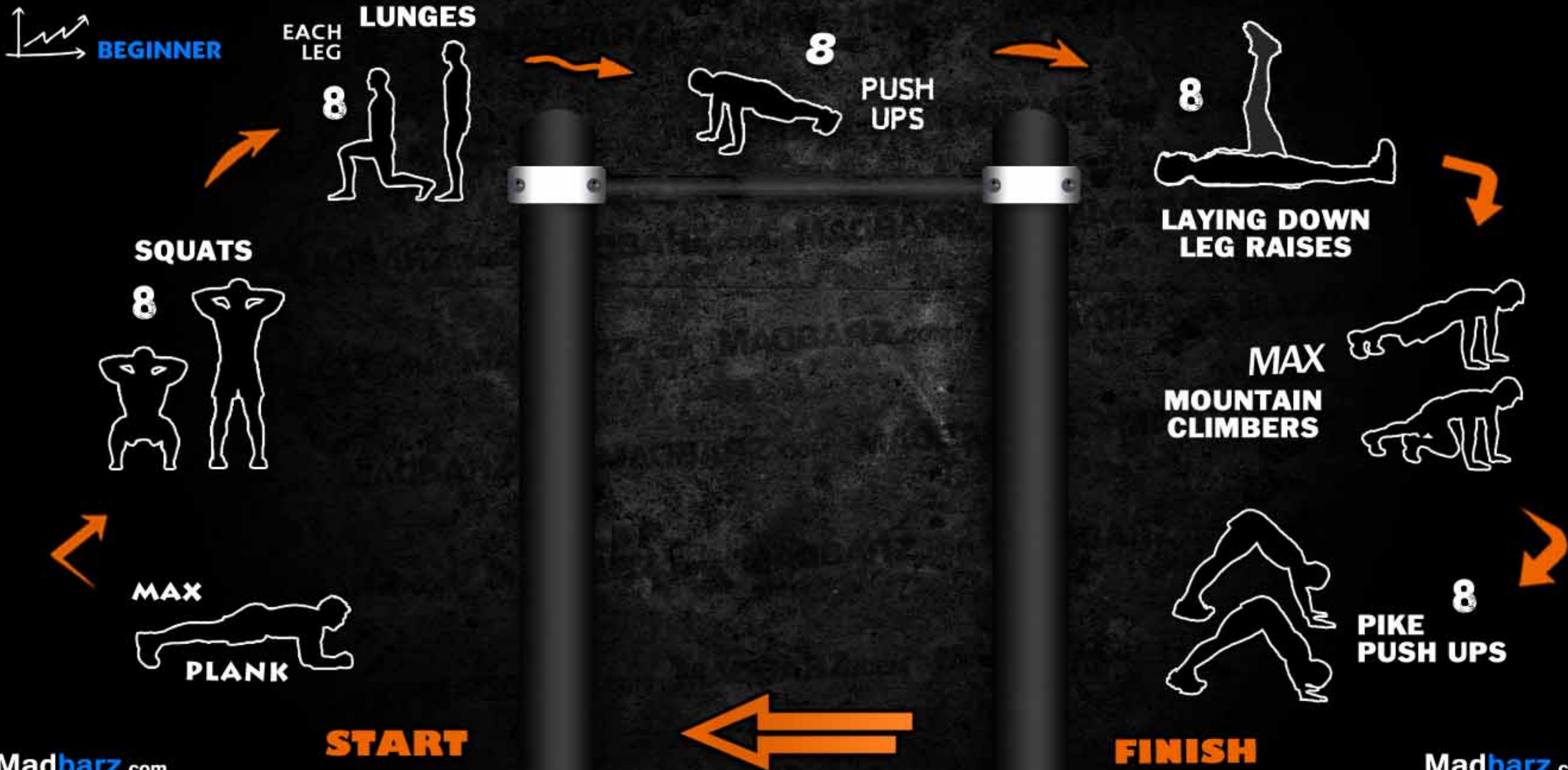
NO EQUIPMENT - 8

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE





BEGINNER



**INCLINED
CHIN UPS**

10



5

**NEGATIVE
CHIN UPS**



**HINDU
PUSH UPS**



8



5

**PULL
UPS**



10

**PUSH
UPS**

START



FINISH

ROUTINE 4 GIRLS

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



BEGINNER

HANGING
OBLIQUE
RAISES



8

EACH
LEG

LUNGES

10

EACH
LEG



30 SEC

MOUNTAIN
CLIMBERS



START



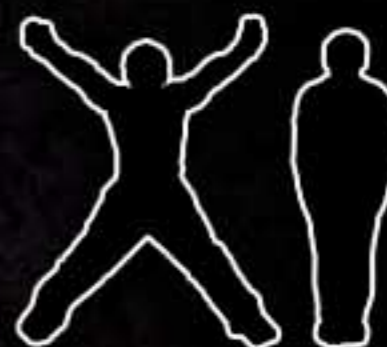
100
meters

RUN



JUMPING
JACKS

1 MIN



15
SQUATS



5

HANGING
LEG RAISES



FINISH





BEGINNER

PUSH UPS



6

AUSTRALIAN
PULL UP

10

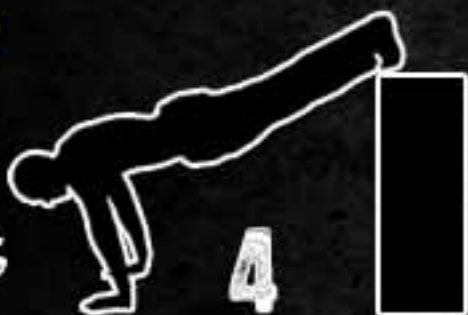


HINDU
PUSH UPS

8



DECLINE
PUSH UPS



4

PIKE
PUSH UPS

8



DIPS

6



15
SEC
SIDE
PLANK



START

FINISH





JUMPING JACKS

1 MIN



MAX



PLANK

15



**INCLINE
PUSH UPS**

START

DIPS

6



SQUATS

15



**AUSTRALIAN
PULL UPS**

10



6

**CLOSE GRIP
CHIN UPS**



FINISH





BEGINNER



START



**15
SEC** **PUSH UP
HOLD**



**REVERSE
T-BAR
DIPS**



FINISH



ABS & CORE ROUTINE
10-15 MINUTES

DO 4 CYCLES

1. LIFT THE WEIGHT
2. HOLD FOR 10 SECS
3. LOWER THE WEIGHT

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Medium



MADBARZ

ABS & CORE ROUTINE

by CHAZYNASH BAR-RISAN

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM



**LEG
RAISES**



**6 L-SIT TO
BENT ARM
HANDSTAND**

8



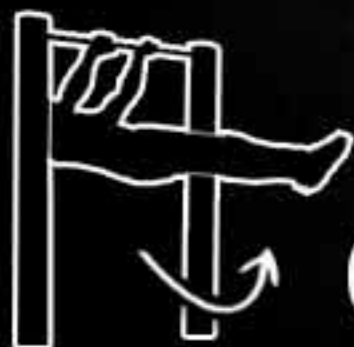
V - UPS



**60
SEC**

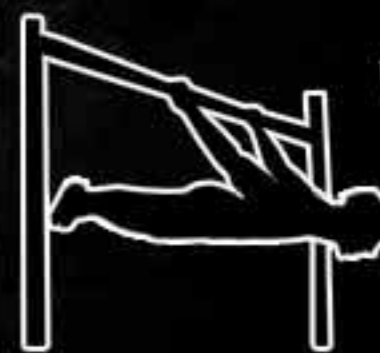
PLANK

**SWING
FRONT
LEVERS**



6

**BACK
LEVER**



5 SEC

START

FINISH

ABS ROUTINE

ON PULL UP BAR
by LAZAR NOVOVIC

DO 5 CYCLES

1 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

10 LEG
RAISES
TO BAR



10



STRAIGHT LEG
IN AND OUTS



10
LEG RAISES
90 DEGREE

START



10



FRONT
LEVER
RAISES



30

KNEE
RAISES



15 SEC

90 DEGREE
LEGS HOLD



FINISH

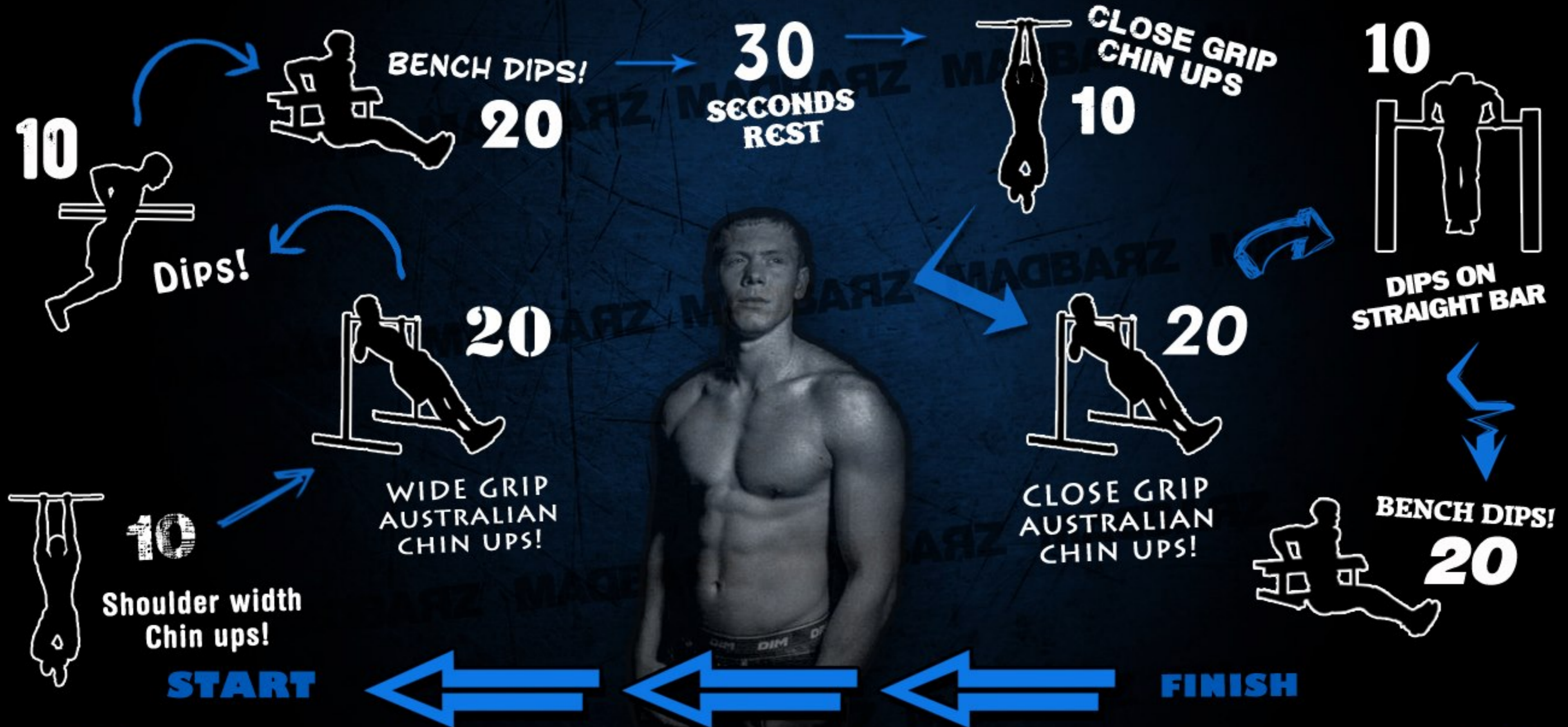


ARM ROUTINE

by NICO DECRAENE

DO THIS ROUTINE 5 TIMES
GOOD FORM AND SLOW SO YOU CAN FEEL IT BURN!

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GLOBAL STREET WORKOUT WEBSITE



BACK LEVER HUNT

by MADBARZ.COM

DO 6 CYCLES

1 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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MEDIUM

**PRESS TO
HANDSTAND
WALL ASSISTED**



12



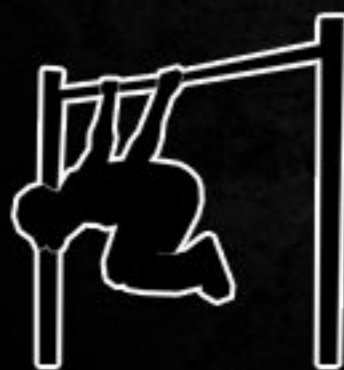
8

**L-SIT
PULL UPS**



**TUCKED BACK
LEVER**

**25
SEC**



START



10

**DRAGON
FLAG**



**WINDSHIELD
WIPERS**



15



**30
SEC**

**SKIN
THE
CAT**



FINISH

BACK ROUTINE

by RANJIT BHACHU

DO THIS ROUTINE 3 TIMES
GIVE A TOTAL OF 90 REPS AND 30 SECONDS HOLD

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BICEPS - BACK ROUTINE

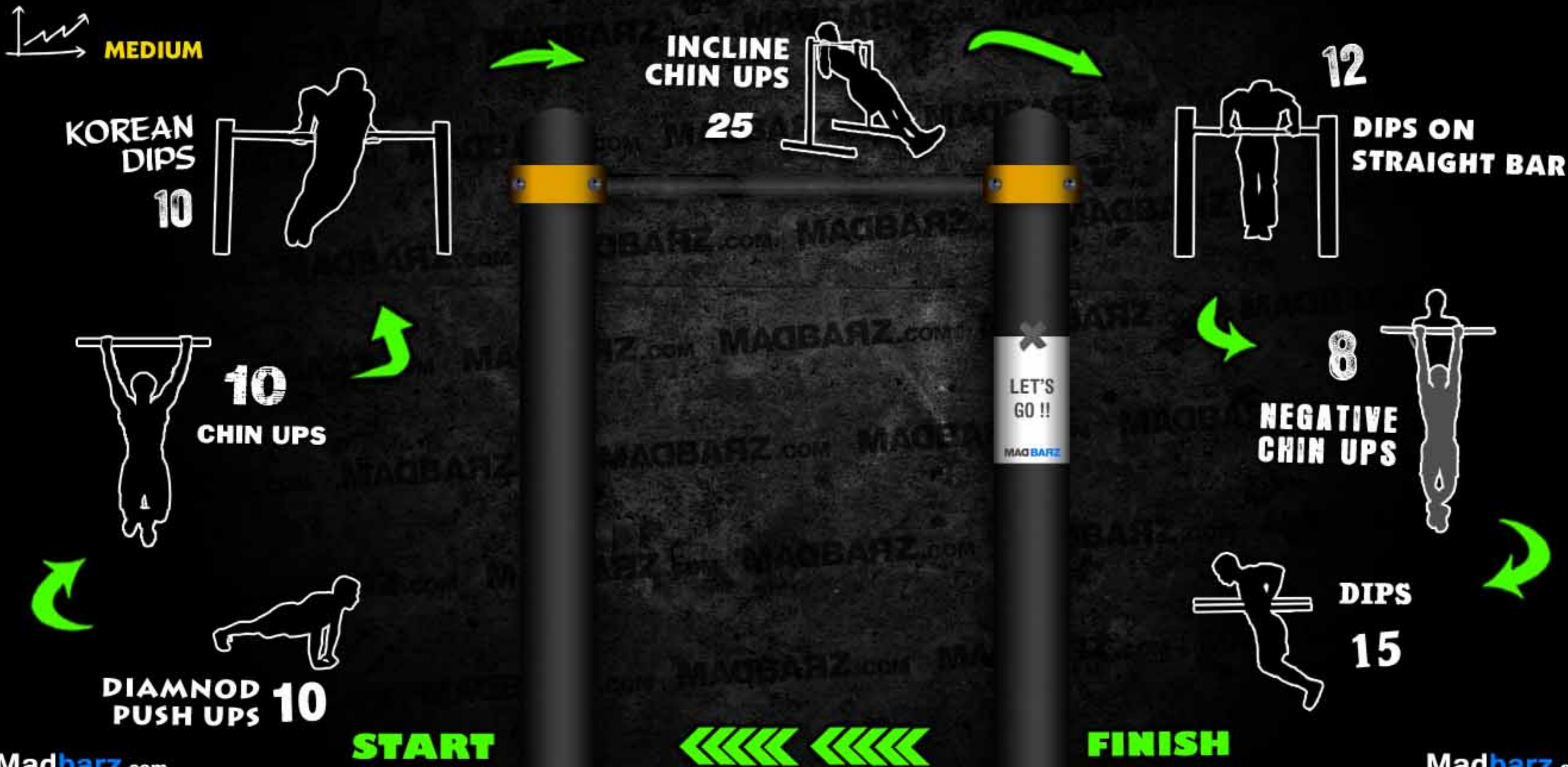
by MADBARZ.COM

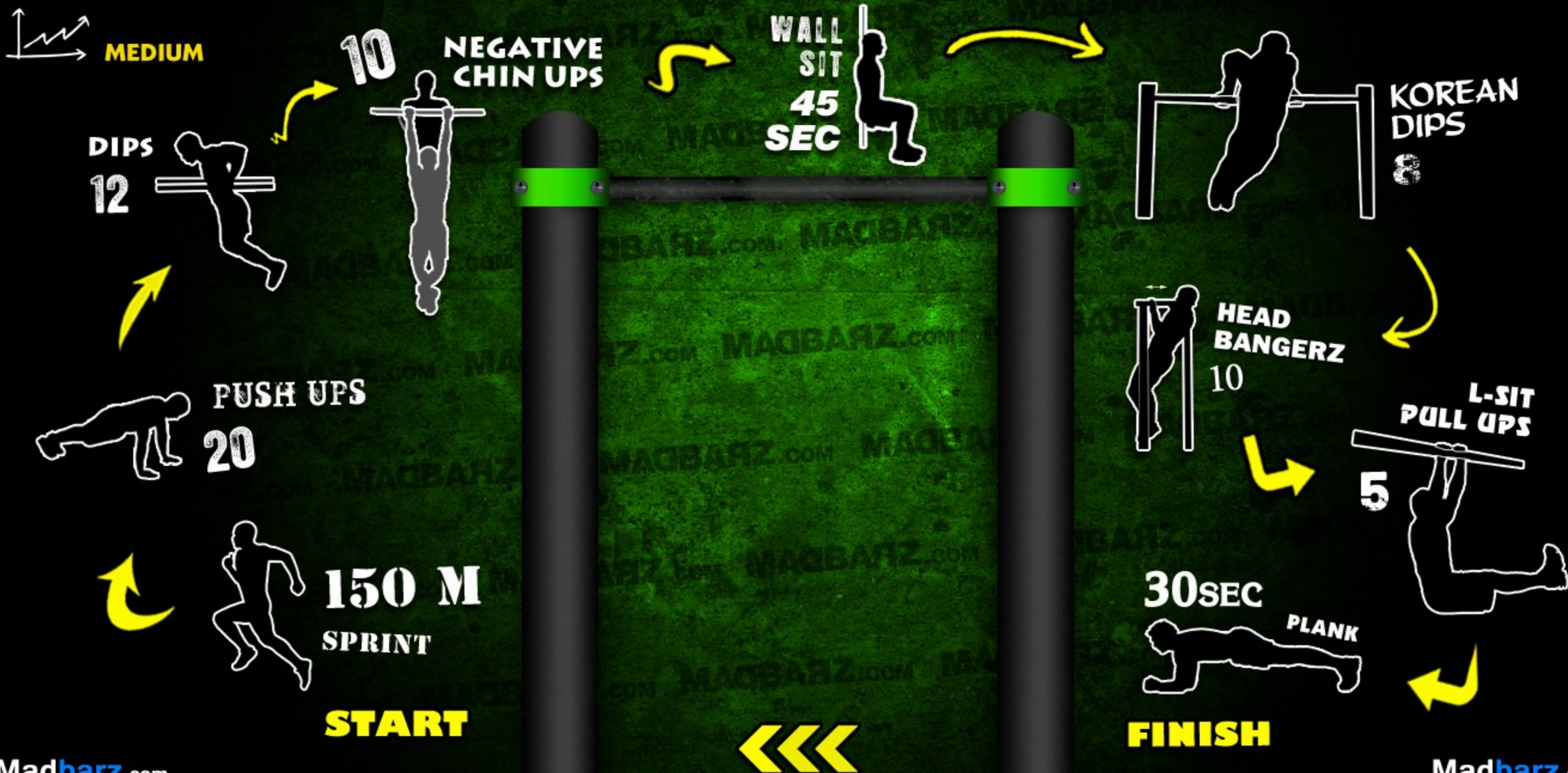
DO 3-4 CYCLES

3 MIN REST BETWEEN CYCLES AND MINIMUM REST BETWEEN EXERCISES

MAD BAZZ
GLOBAL STREET WORKOUT WEBSITE







CHEST ADDICT

by MADBARZ.COM

DO 4 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 3MIN REST EACH CYCLE

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GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM



START

FINISH





MEDIUM



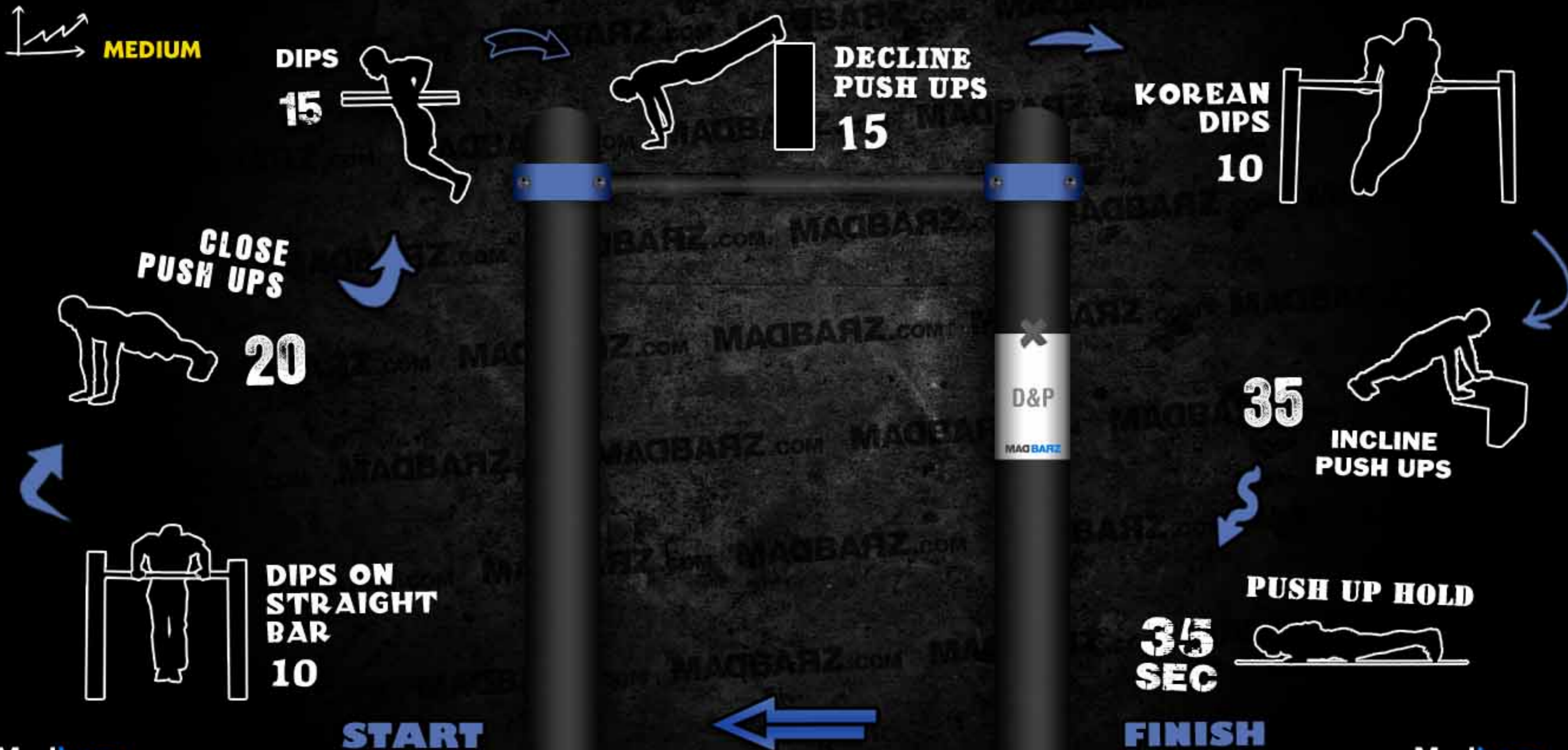
START

**DIAMOND
PUSH UPS**

20



FINISH



FRANK'S KILLER ABS

by FRANK MEDRANO

DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 3MIN REST AFTER EACH CYCLE

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GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM



FRONT LEVER HUNT

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



FULL BODY FAT BURNER

by MADBARZ.COM

DO 3 CYCLES

2 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



FULL BODY ROUTINE

by LUIS RODRIGUES

EXPLOSIVE AND ENDURANCE ROUTINE

SHOULDERS, BACK, CHEST, BICEP, TRICEP, LEGS AND AB'S

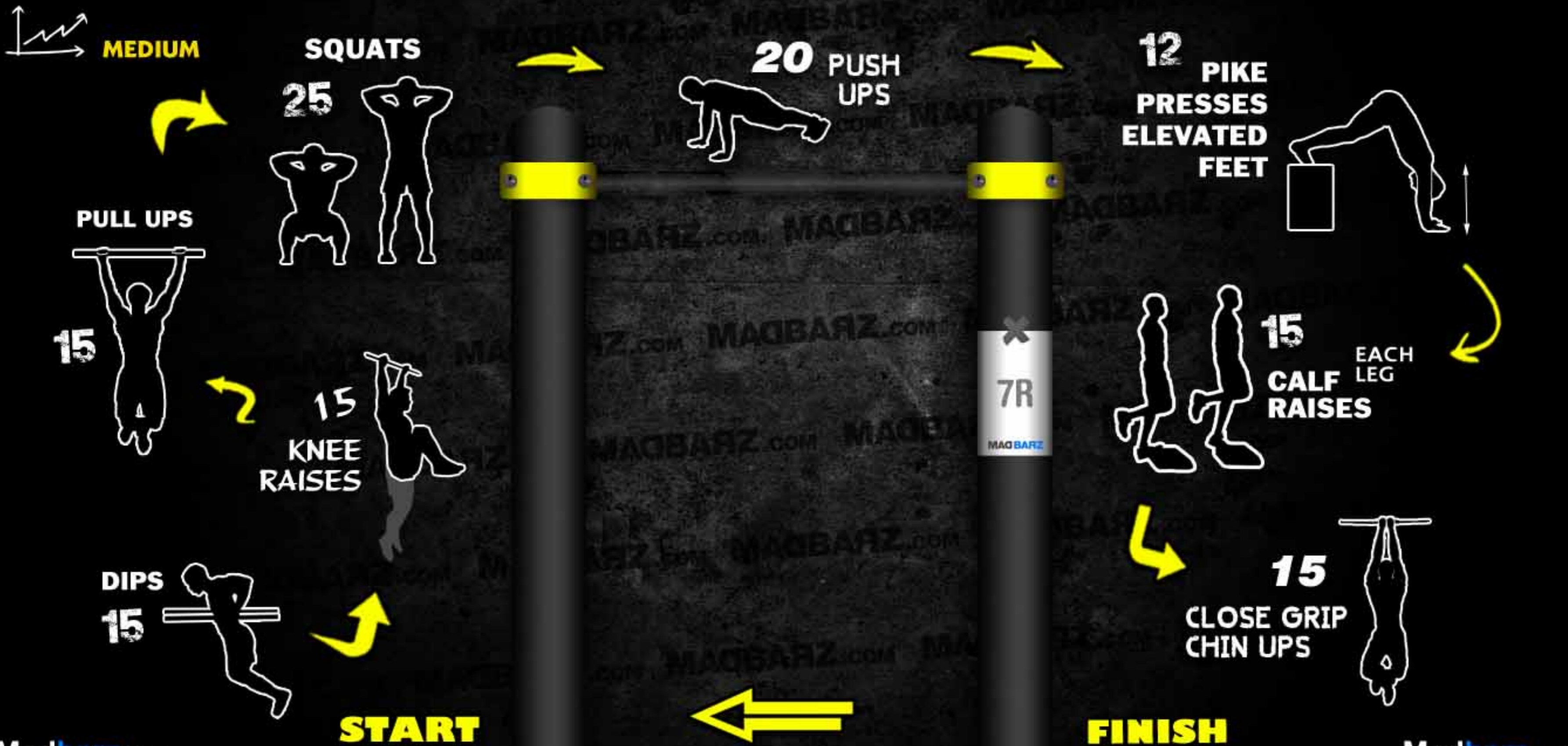
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GLOBAL STREET WORKOUT WEBSITE



START

FINISH



FULL BODY SHOCK WORKOUT
by ANTONIETTE PACHECO

DO 4 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES



 **MEDIUM**

SPRINT
100M



STATIC HOLD
PULL-UPS



8

LATERAL LUNGE WALK OUTS



EACH SIDE
20

SPRAWL JUMPS




20

SPLIT LEG V-UPS



15
EACH LEG


SHUTTLE PUSH UPS



10

10 EACH LEG

SINGLE LEG BURPEES



START

FINISH

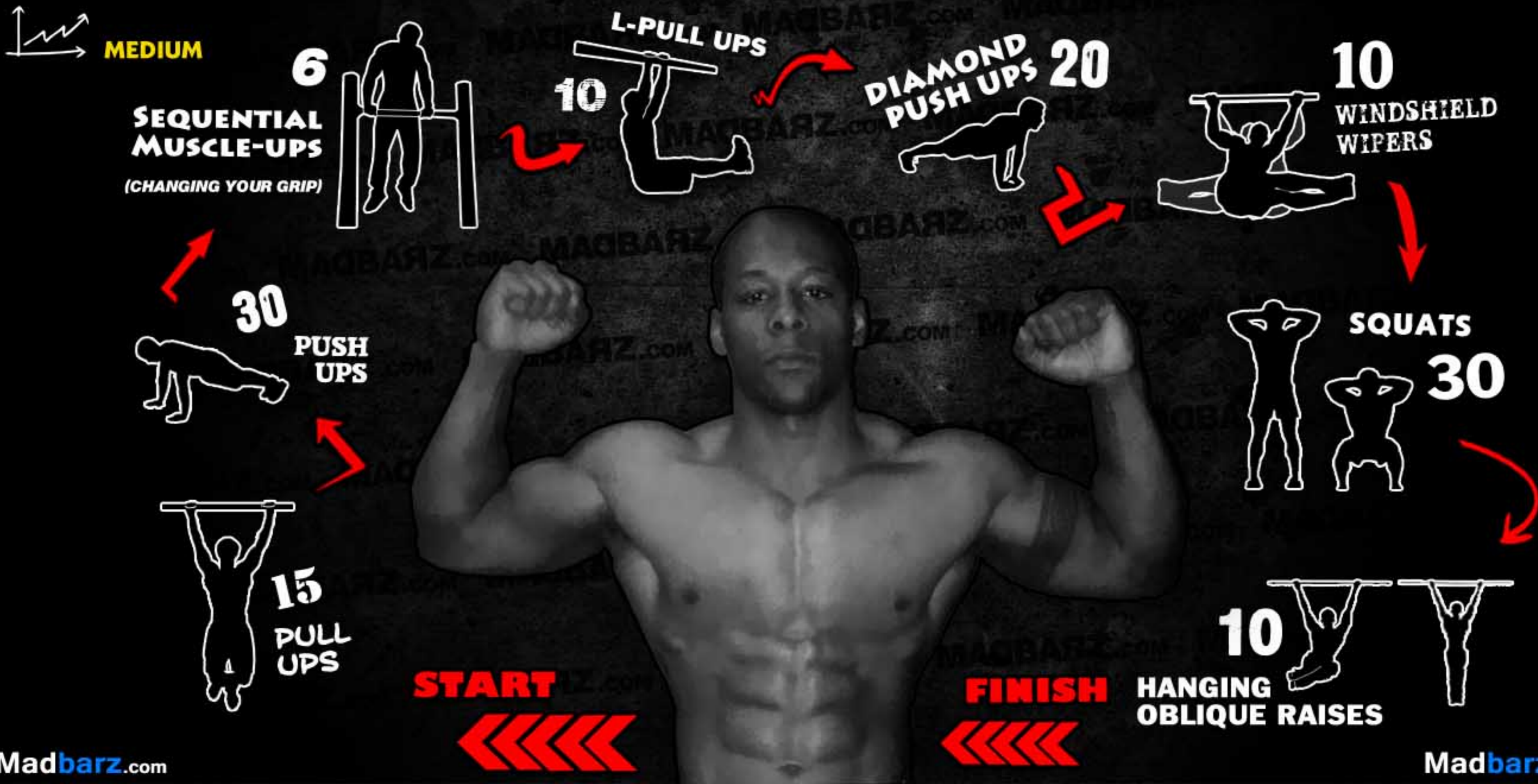
HARD BODY ROUTINE

by SHERMAN MATHIS

DO 3 CYCLES

4 MIN REST BETWEEN
CYCLES AND 2 MIN REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



HUMAN FLAG PATH

by KEVIN SOLER

DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 4MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM

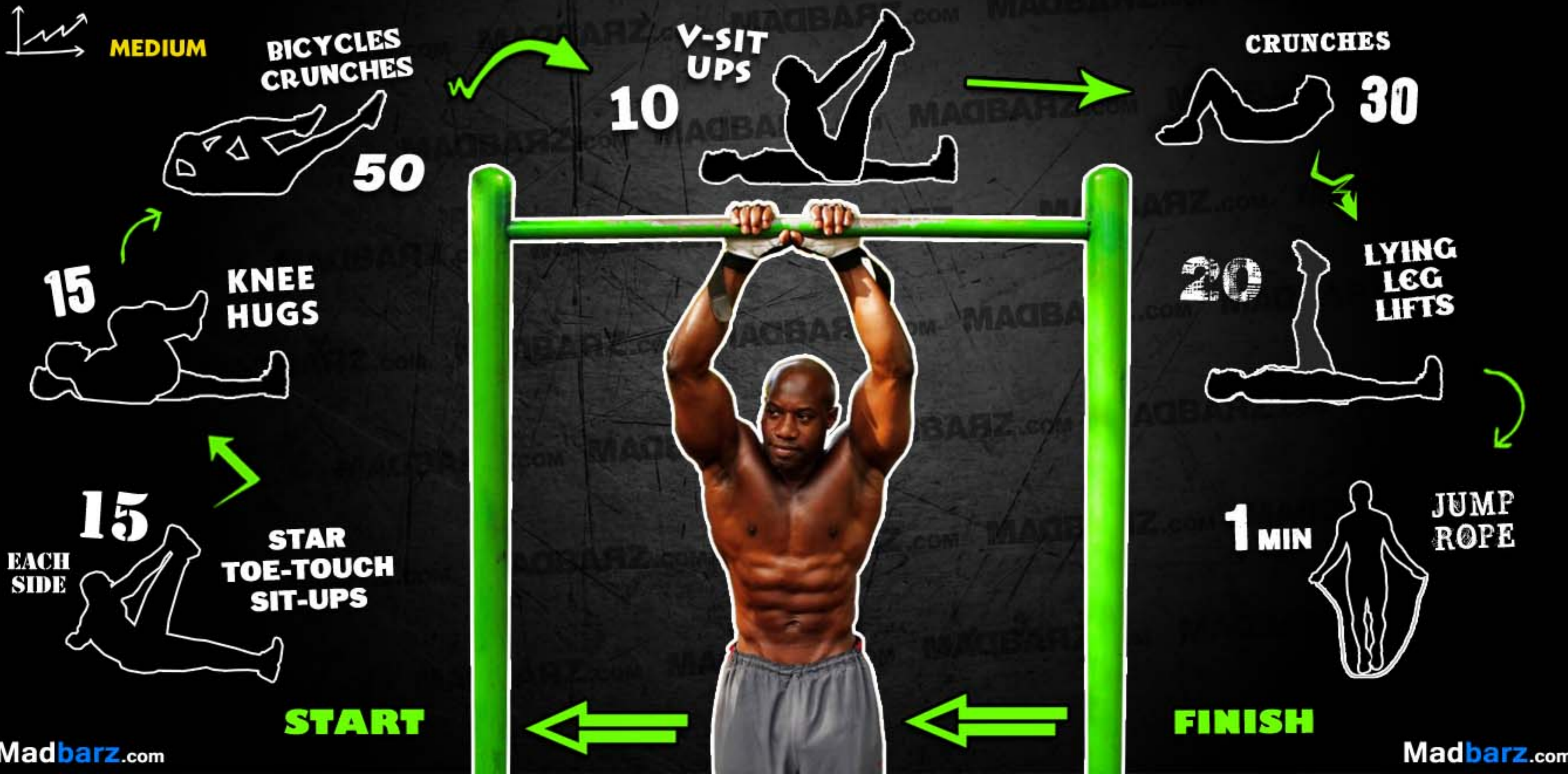


KILLER ABS ROUTINE

by HIT RICHARDS

DO 5 CYCLES

2-3 MIN REST BETWEEN CYCLES AND 10 SEC REST BETWEEN EXERCISES



KILLER KIWI

by TOREA TEPAKI

DO 4 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM



EACH
20 LEG
**BULGARIAN
SPLIT SQUATS**

**DIPS
+
KNEE RAISES**

15



ONCE AT THE TOP OF DIP,
DO THE KNEE RAISE.
THAT'S ONE REP.



10

**LEG
RAISES**



10

**MUSCLE
UPS**



30

SQUATS



30

**PUSH
UPS**



JUMPING JACKS



1MIN

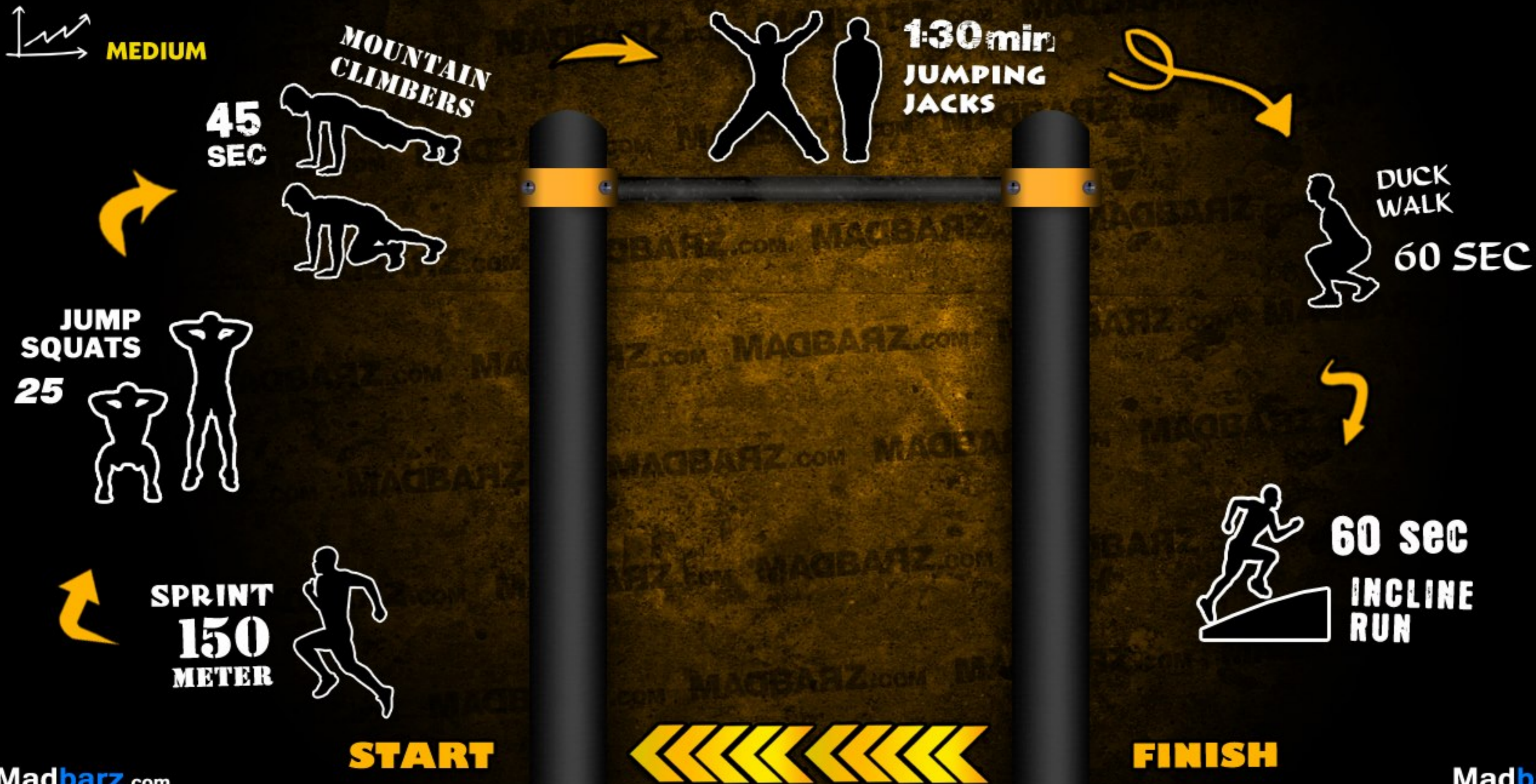
START

FINISH



10

CHIN UPS



LEG ROUTINE

by MADBARZ.COM

DO 2 CYCLES

MINIMUM REST BETWEEN EXERCISES, 5 MIN REST AFTER EACH CYCLE

MADBARZ
GLOBAL STREET WORKOUT WEBSITE

LEVEL **MEDIUM**



10



SQUAT
JUMPS
WITH
180 TURN

15



JUMPING
JACKS

20



DUCK
WALK

15



FORWARD JUMPS

15



BACKWARD
JUMPS!

15



VERTICAL
JUMPS!

WALKIN
LOUNGES

25



START

FINISH



LUCKY NUMBER 7

by COREY HALL

DO 2-3 CYCLES

5 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM



MANIAC ROUTINE

by JORDAN HILL

DO 2 CYCLES

5 SECONDS REST BETWEEN EXERCISES, 8 MIN REST AFTER EACH CYCLE

MADBARZ
GLOBAL STREET WORKOUT WEBSITE

LEVEL **MEDIUM**



JUMPING SQUATS!

25



15



UP DOWNS!



PUSH UPS!



50

MUSCLE UPS!

5



START



15

REGULAR PULL UPS

PULL UPS!



10

1min

LEG FLUTTERS



30 SEC
SPRINT



FINISH

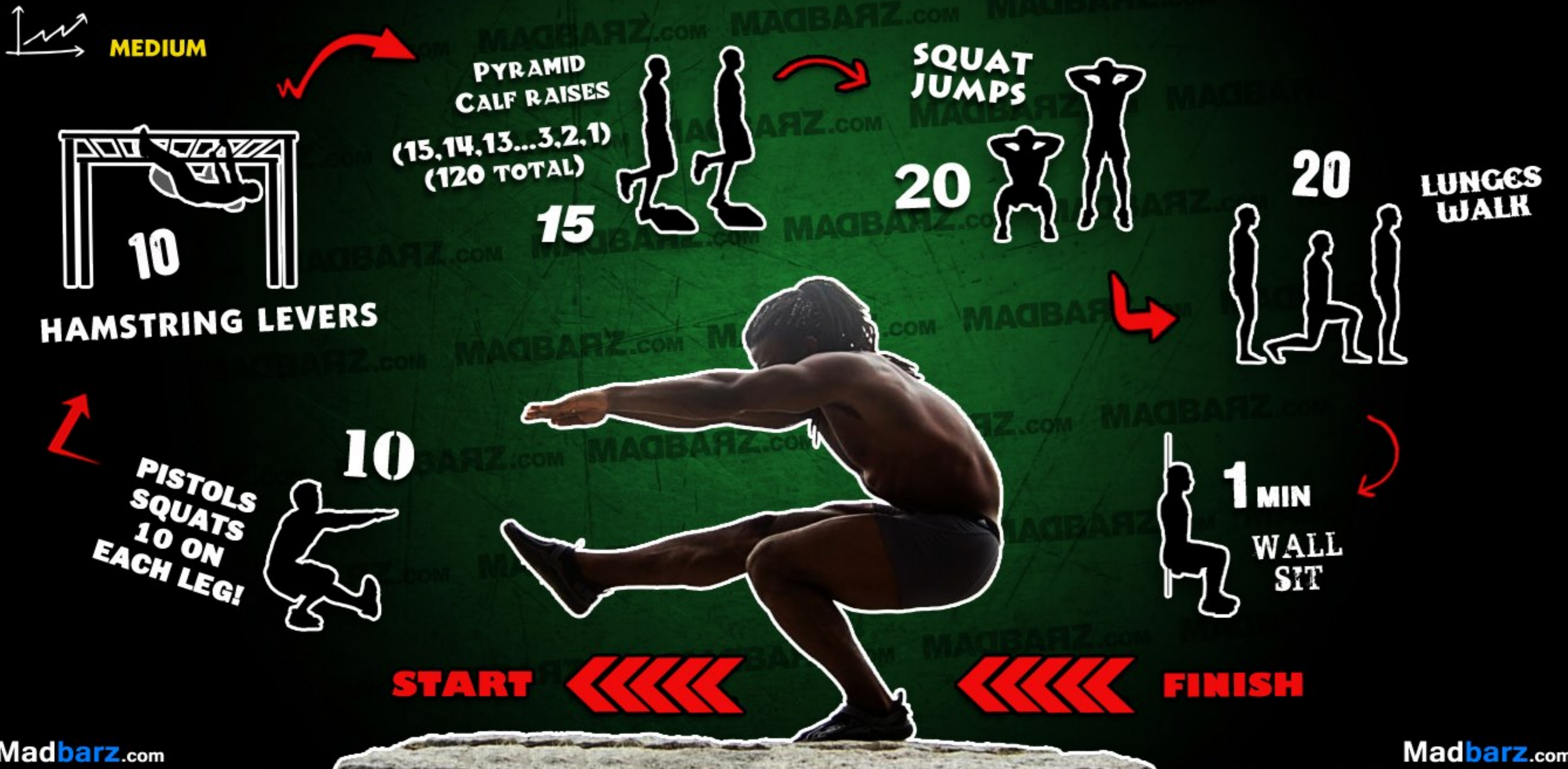


MECKANIMAL LEG ROUTINE

by GODFROY ALI

DO 5 CYCLES

MINIMUM REST
BETWEEN
CYCLES AND EXERCISES



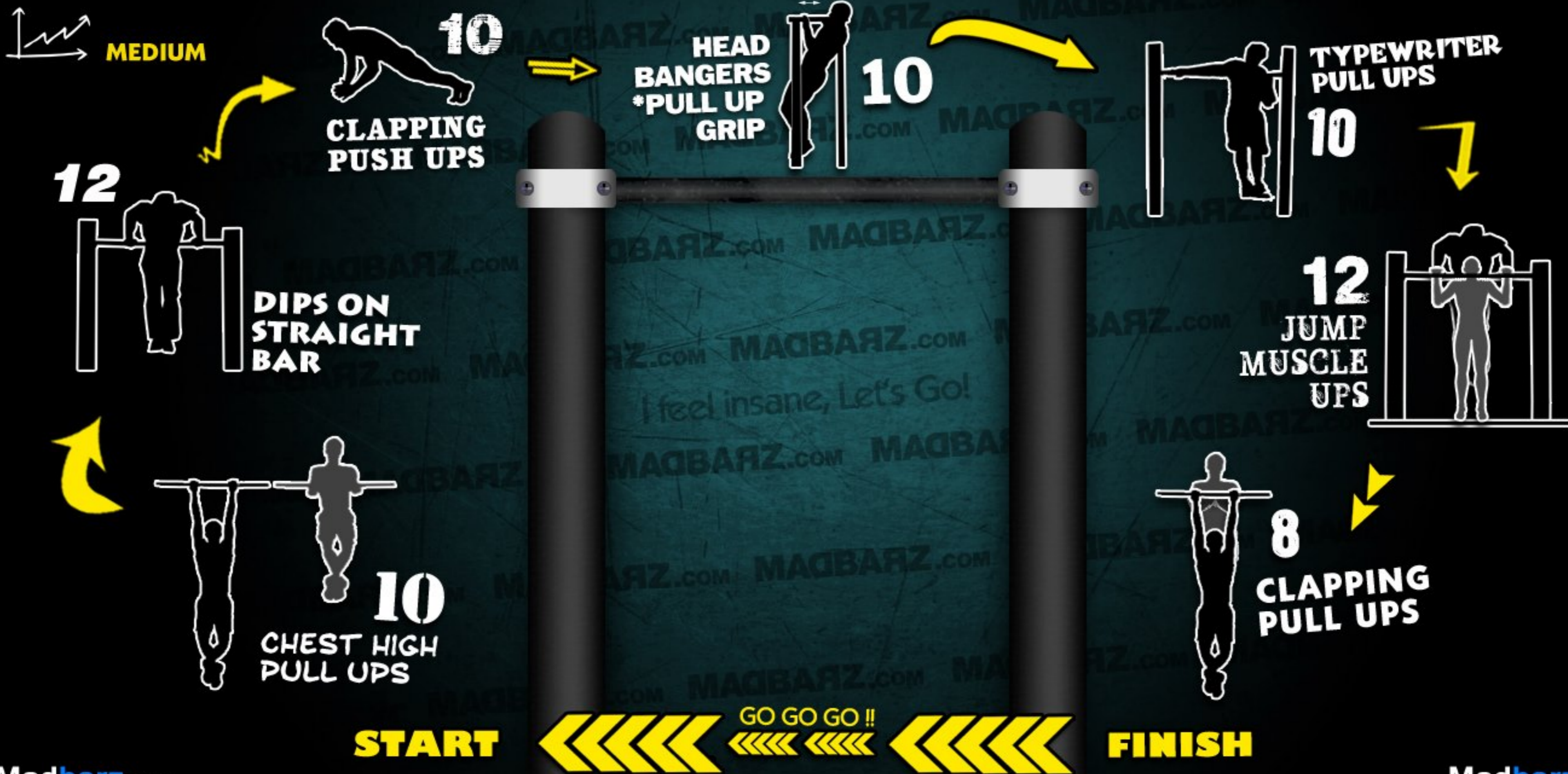
MUSCLE UP HUNT

by MADBARZ.COM

DO 3 CYCLES

2 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



NO BARZ NO GLORY

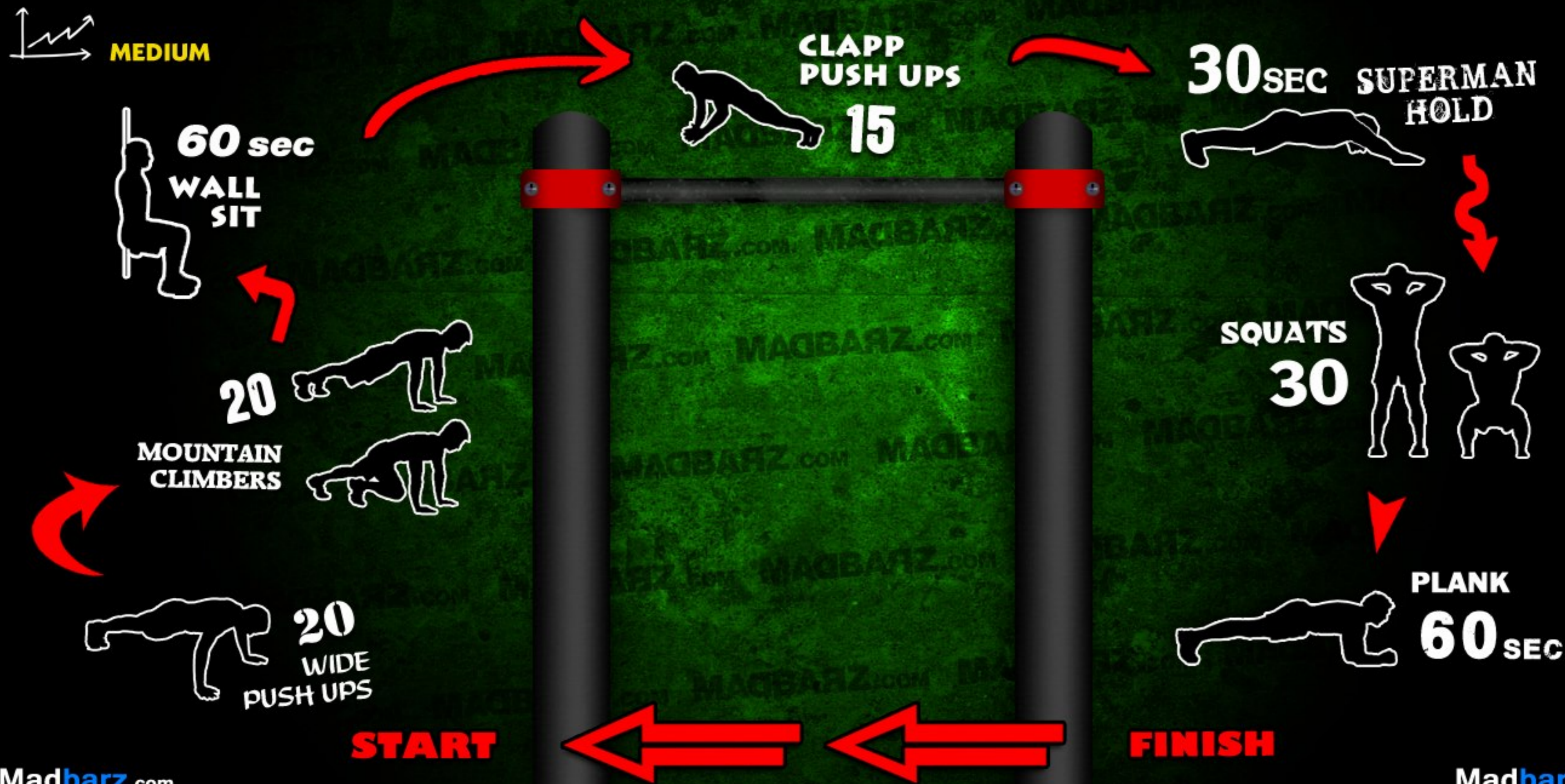
by BLAKE BEHREND

DO 3 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE







MEDIUM

10



WINDSHIELD WIPERS

20



CRUNCHES

10



FULL LEG RAISES

START



10 EACH SIDE

HANGING OBLIQUE RAISES

10



KNEE RAISES

20



CRUNCHES

10



HANGING LEG RAISES

FINISH

SHOW TO 1 FRIEND

MADBARZ



PARRALLEL BAR ROUTINE

by CALI MOVE

DO 4 CYCLES

3 MIN REST BETWEEN CYCLES AND 1 MIN REST BETWEEN EXERCISES

MAD BAZZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

DIPS

20

ARCHER ROWS

10 EACH HAND

TUCKED PLANCHE PRESSES

10

STRAIGHT LEG REISES 15

**L-SIT
HOLD**

15-20 SEC

20

PUSH UPS ON PARALLEL BARZ

START <<<<< <<<<<

FINISH

Madbarz.com

PLANCHE HUNT

by MADBARZ.COM

DO 5 CYCLES

1 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

WINDSHIELD
8 WIPERS



TUCKED
PLANCHE
HOLD



8sec



6
DRAGON
FLAG



WALL ASSISTED
HANDSTAND
PUSH UPS



8

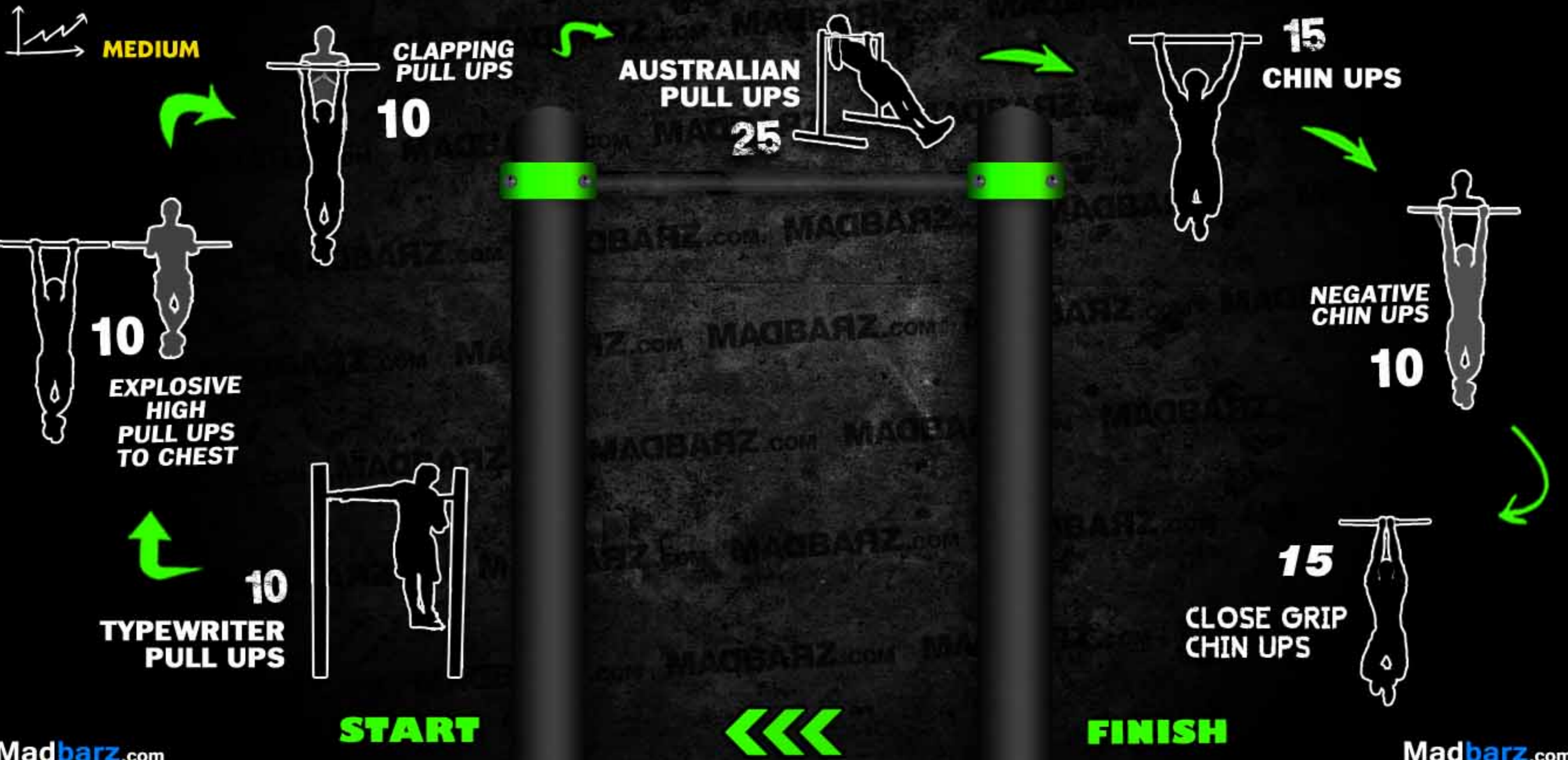


15
SEC
FROG
STAND

START



FINISH





MEDIUM



10
PIKE
PUSH
UPS

DIAMOND
PUSH
UPS

15



10

CLAP
PUSH
UPS



DECLINE
PUSH
UPS
PLYO

15



CLOSE
PUSH
UPS

15



START



FINISH

15

PUSH
UPS



35

INCLINE
PUSH
UPS



PUSH

MADBARZ

PUSH-UP HELL ROUTINE

by MARGARET MARY

DO 3 CYCLES

2 MIN REST BETWEEN EACH CYCLE AND 30 SEC REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM



DIAMOND PUSH UPS
5



HINDU PUSH UPS
5



INCLINE PUSH UPS
15

MILITARY PUSH UPS
10



REGULAR PUSH UPS
10



START

FINISH



SHOULDER ROUTINE

by MADBARZ.COM

DO 4 CYCLES

MINIMUM REST BETWEEN EXERCISES, 3 MIN REST AFTER EACH CYCLE

MADBARZ
GLOBAL STREET WORKOUT WEBSITE

LEVEL MEDIUM



12
TYPEWRITER
PULL UPS!



15 DECLINE
PUSH UPS



20
AUSTRALIAN
PULL UPS



8
KOREAN
DIPS!



DIPS !!

15



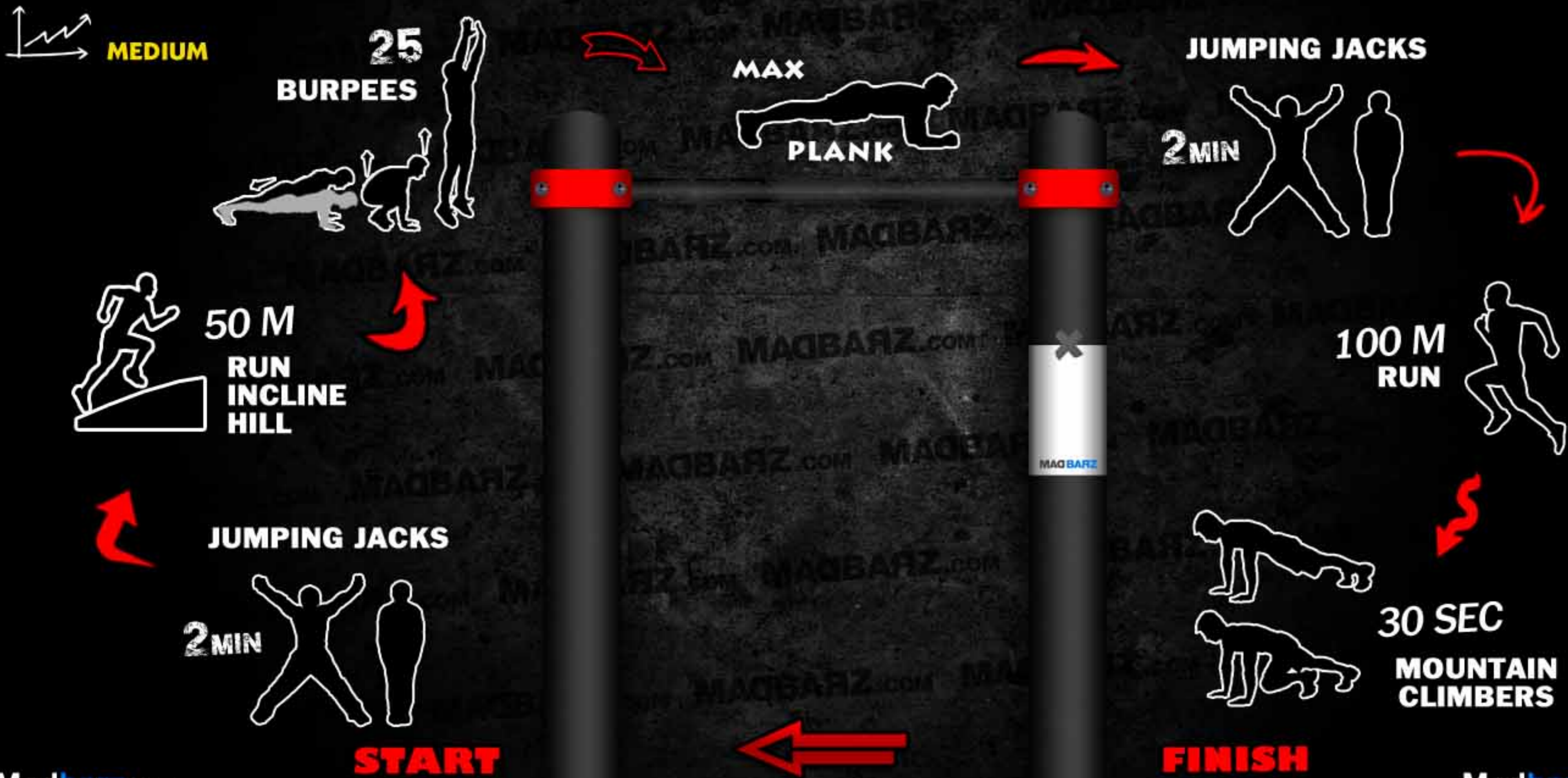
START

25 SEC

L-SIT!



FINISH

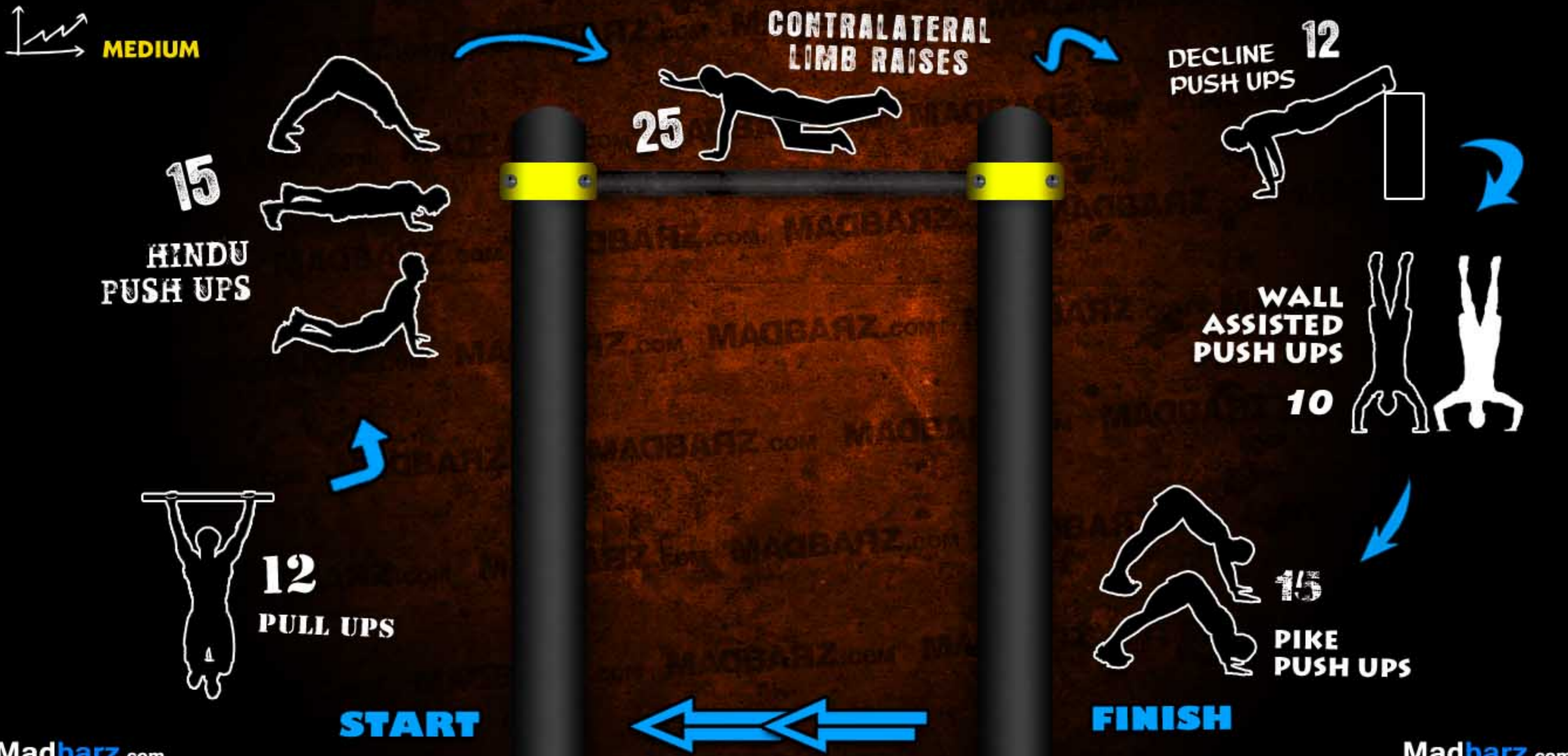


TRAPEZIUS ROUTINE

by MADBARZ.COM

DO 5 CYCLES

2 MIN REST BETWEEN EACH CYCLE AND 45 SEC REST BETWEEN EXERCISES



TRICEPS ROUTINE

by MADBARZ.COM

DO 3-4 CYCLES

3 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

15

DIPS ON
STRAIGHT
BAR



CLOSE HANDS
PUSH UPS

20



9

REVERSE
T-BAR
DIPS



CLAPPING
PUSH UPS

10



KOREAN
DIPS

10



15

DIAMOND
PUSH UPS



DIPS

15



START



FINISH

UPPER BACK, BICEPS, ABS
by EDDY CONDE

DO 3-5 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND NO
REST BETWEEN EXERCISES



UPPER BODY

by LADA PRIDAL

DO 3-5 CYCLES

3 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM



UPPER BODY ROUTINE

by XIONE CALISTHENICS

DO 1 CYCLE

4 MIN REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

5X SITUPS
20-30



100

**PULL
UPS**



**DIFFERENT
GRIPS.
MIX THEM.**



**MUSCLE
UPS
MAX**

START

5X

20-30

DIPS



**PUSH UPS
ON DIP BAR**

5x

20-30

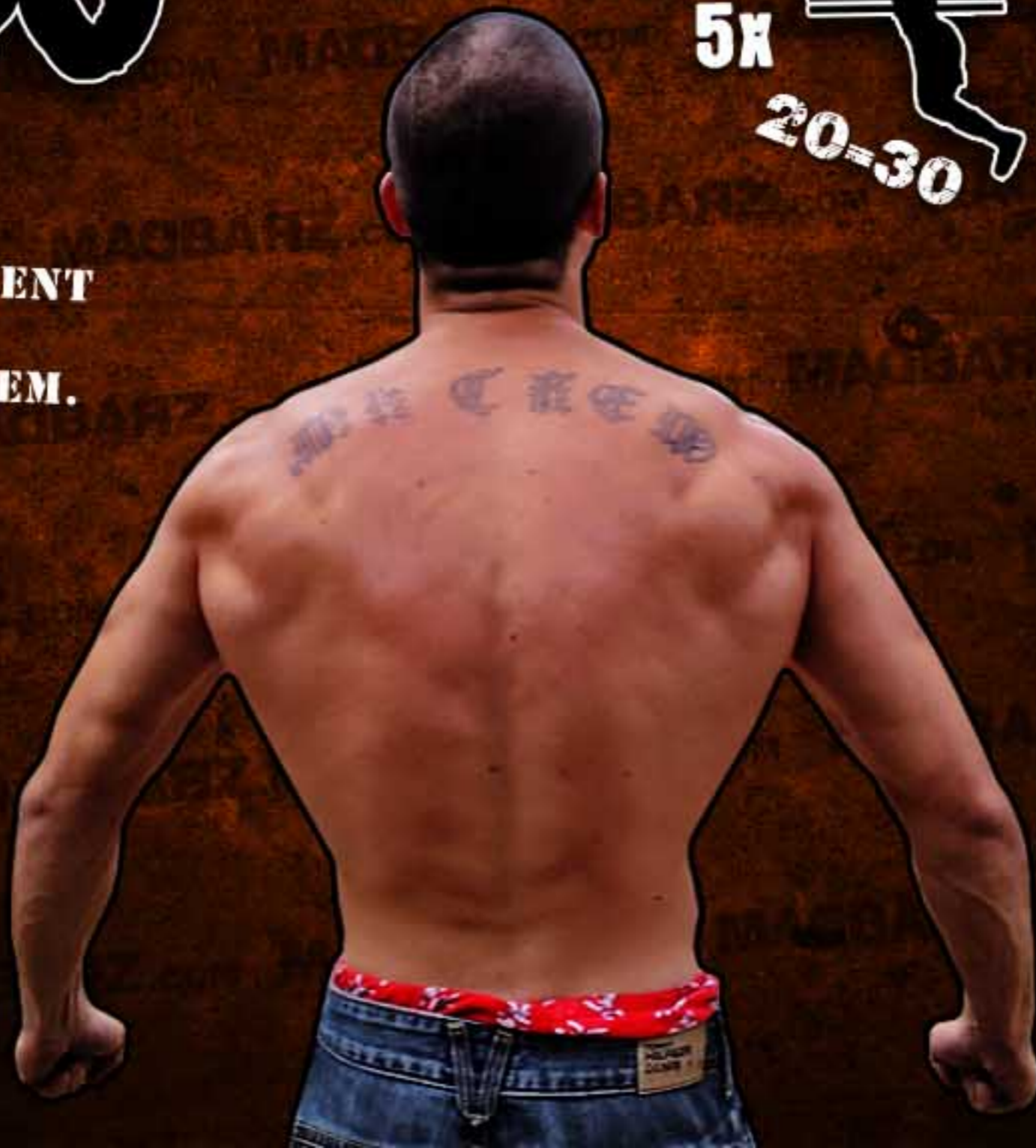


3x15

**REVERSE
T BAR DIPS**



FINISH



UPPER BODY ROUTINE

by PAVLE DJURDJEVIC

DO 3-5 CYCLES

3 MIN REST BETWEEN CYCLES AND 15 SEC REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM



START

FINISH

30,000
10,000,000,000

DO 3 CYCLES

DO 3 CYCLES

MADBARZ

Hard



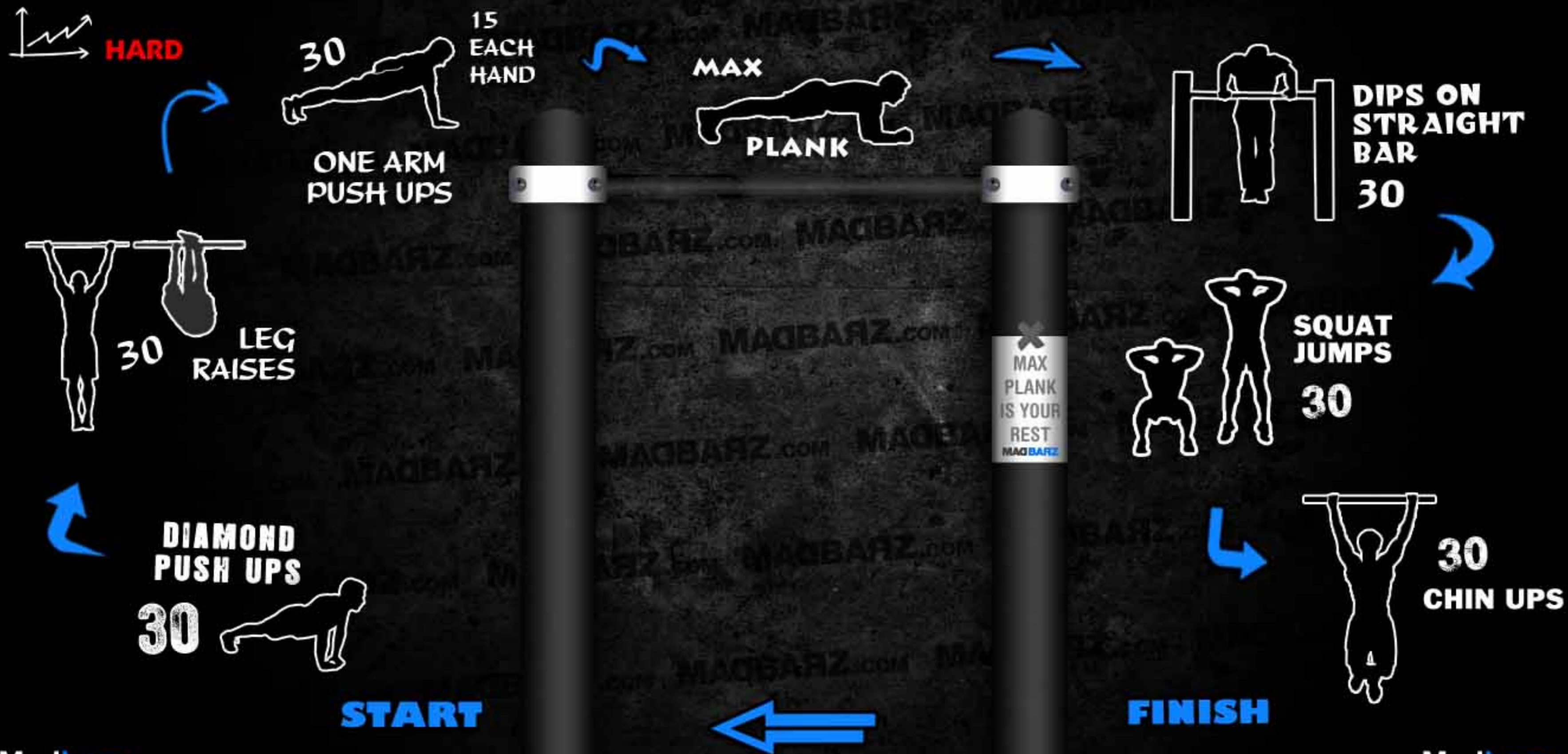
MADBARZ

30.000
by MADBARZ.COM

DO 3 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND **NO**
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



ABS - 8 PACK!

by PETAR BRUNO BASIC

DO 2 CYCLES

7 MIN REST BETWEEN
CYCLES AND 1 MIN REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



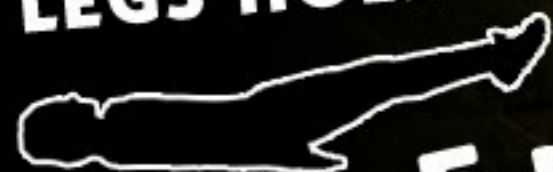
HARD

30

**L-SIT
LEG RAISES**



LEGS HOLD



5 min

V SIT-UPS



50

START

**SIDE PLANK
HIP RAISES**

50



25

**DRAGON
FLAG**



**LEG RAISES
one by one**

75



**250
SIT-UPS!**



FINISH

AZTEC PUSH UP

by AHMED VALENTINO KERIGO

DO 3 CYCLES

5 - 6 MIN REST BETWEEN CYCLES AND 40 - 50 SEC REST BETWEEN EXERCISES

MAD BAZZ
GLOBAL STREET WORKOUT WEBSITE



HARD

20 DIAMOND PUSH UPS

40 CRUNCHES

DIPS

15

12 REVERSE T-BAR DIPS

5 SUPERMAN PUSH UPS

**CLAPPING
PUSH UPS 15**

20 DECLINE PUSH UPS

HANDSTAND PUSH UPS

5

START <<<<< <<<<<

FINISH



FLYING SUPERMAN

by DEJAN STIPKE STIPIC

DO **5-7** CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND **MINIMUM**
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



HARD

BEHIND
CLAP
PUSH UPS

25



20

EXPLOSIVE
TOE TOUCH
PUSH UPS



CLAP
PUSH UPS

50



REGULAR
SUPERMAN
PUSH UPS

25

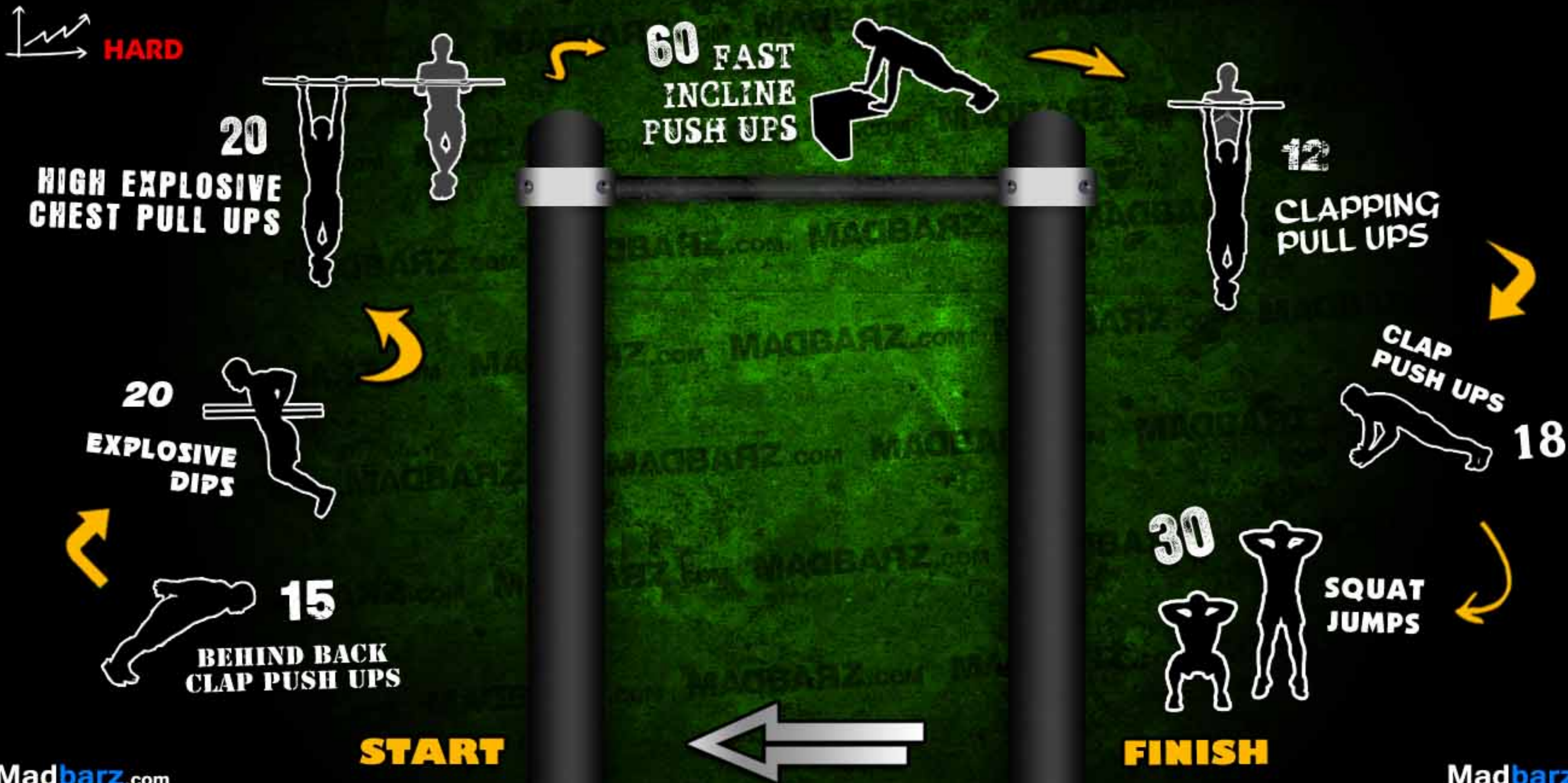


START

FINISH







MAX REP HELL

by KYLE HARTZENBERG

TRICEPS
AND
CORE

DO 5 CYCLES

1 MIN REST BETWEEN
CYCLES AND NO REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE

 **HARD**



START

FINISH



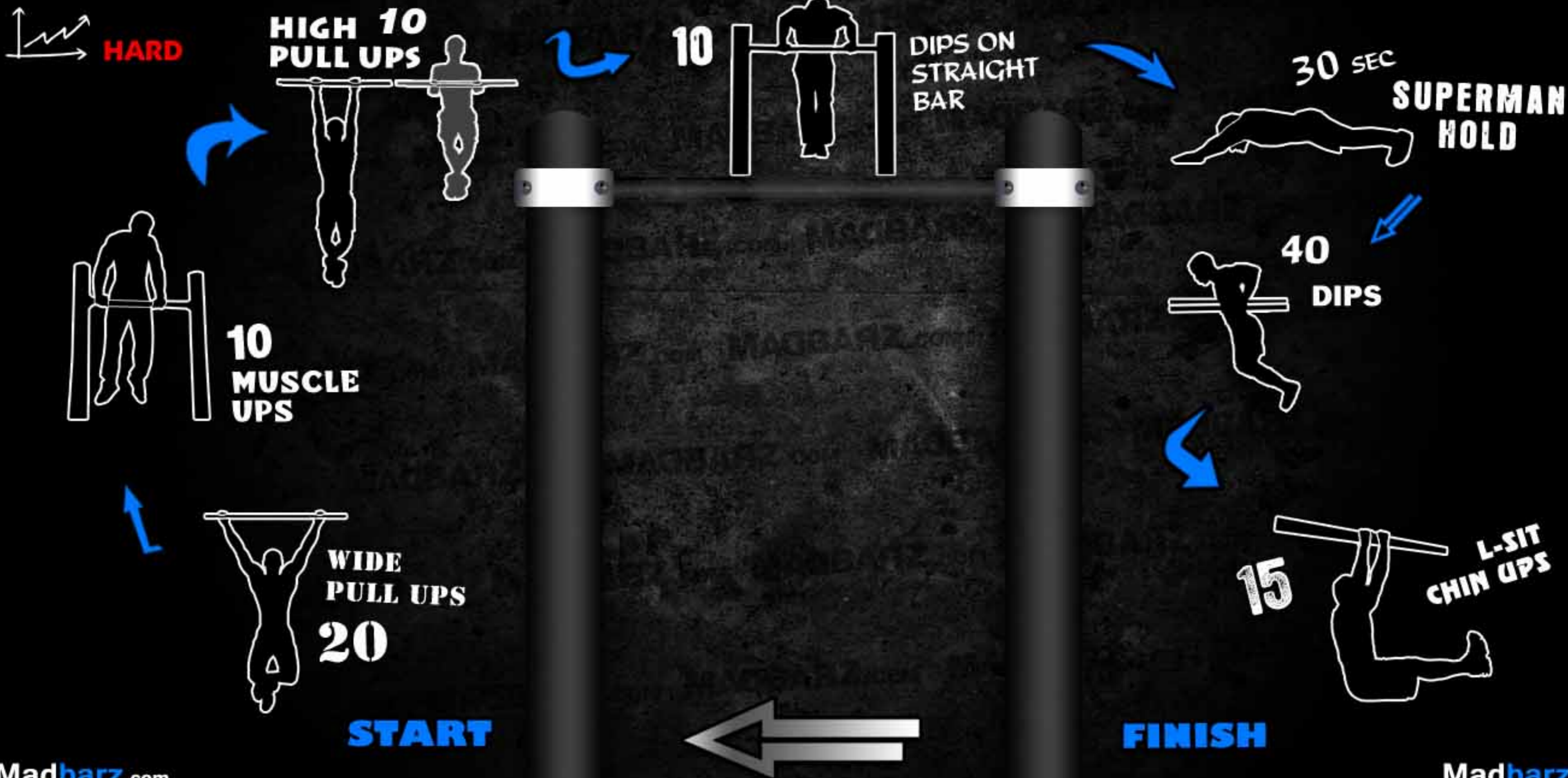
MUSCLE UP - BOOST

by MADBARZ.COM

DO 5 CYCLES

MINIMUM REST BETWEEN
EACH CYCLE AND MINIMUM
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



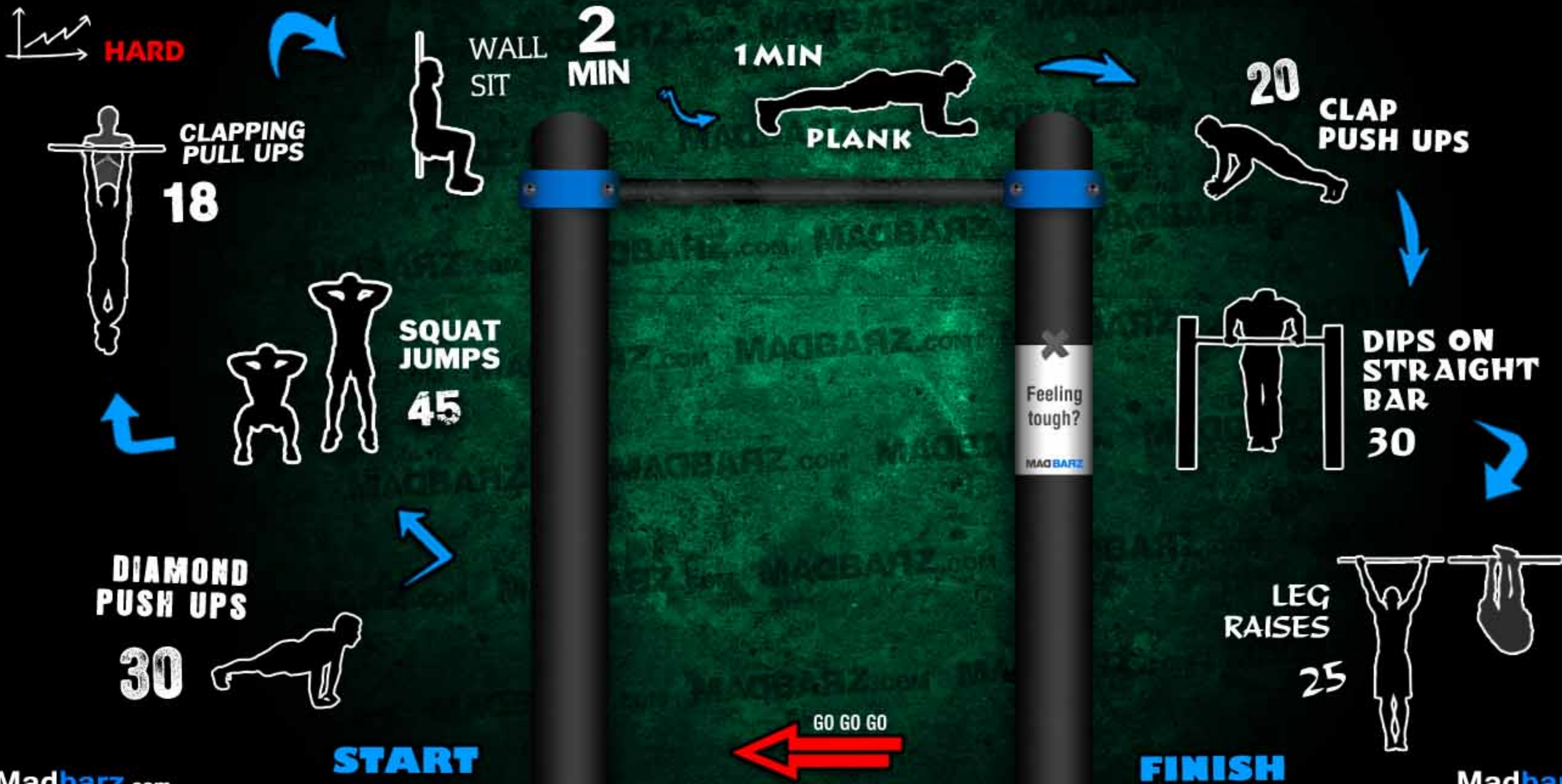
PIECE OF CAKE

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



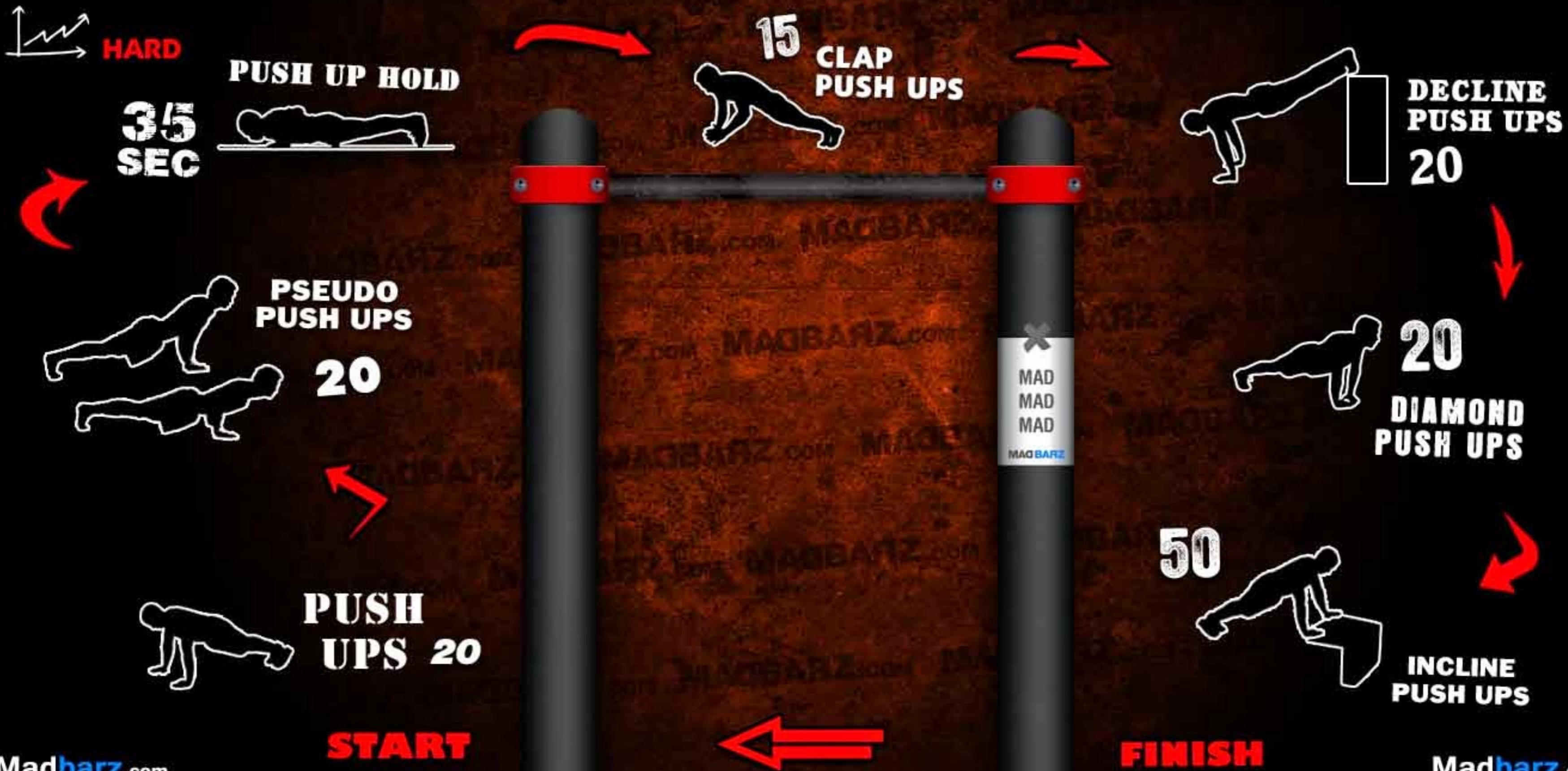
PUSH UP ROUTINE

by MADBARZ.COM

DO 3 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



SHOULDER DEMOLITION

by LUIS RODRIGUES

DO 5 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND MINIMUM
REST BETWEEN EXERCISES

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HARD

**10 PIKE
PRESSES
ELEVATED
FEET**



**HINDU
PUSH
UPS**



10



**HANDSTAND
HOLD
1min**



**DECLINE
PUSH UPS
PLYO
15**



**10
HANDSTAND
PUSH UPS**



START

FINISH



STRENGTH CONTROL

by JORDAN HILL

DO 3 CYCLES

NO REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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TURTLE BACK ROUTINE

by NIK HOCEVAR

DO 2-3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 5MIN REST AFTER EACH CYCLE

MADBARZ

GLOBAL STREET WORKOUT WEBSITE

LEVEL **HARD**



UPPER BODY ROUTINE

by DUSAN DJOLEVIC

DO 10 CYCLES

1 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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